



Meal Patterns and selections for each menu are based on nutritional guidelines mandated by the USDA's Choose My Plate program and other mandatory state guidelines, with the best interest of the child's nutrition in mind. Visit ChooseMyPlate.gov for more information.

WEEK MENU THREE

Menu for children 1 to 12 years old

Meal Components	Monday: Date <u>5/20/2024</u>	Tuesday: Date <u>5/21/2024</u>	Wednesday: Date <u>5/22/2024</u>	Thursday: Date <u>5/23/2024</u>	Friday: Date <u>5/24/2024</u>
Breakfast <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Other foods 	Muffins Fresh Berries Whole/ 1% Milk	Apple Freidel Juicy Oranges Whole/1% Milk	Cheese Grits Fresh Melons Whole/1% Milk	WG Cereal Bananas Whole/ 1% Milk	
Lunch <ul style="list-style-type: none"> Meat or meat alternate Vegetable Fruit Whole Grain/ bread Milk, fluid 	Pizza Broccoli Pineapples Wheat Crust Whole/ 1% Milk	Beef Meat Loaf Mashed Potatoes Peaches Wheat Rolls Whole/ 1% Milk	Spaghetti Garden Salad Mixed Fruit Garlic Bread Whole/ 1% Milk	Sun Butter Sandwich Veggie Straws/Vegetables Pears Wheat Bread Whole/ 1% Milk	CLOSED FOR PARENT/TEACHER CONFERENCE
PM Snack Two of these four components will be present) <ul style="list-style-type: none"> Whole Grain/bread Juice, fruit or vegetable Milk, fluid Meat or meat alternate 	Coco Tiger Bitz 100% Juice	Ritz Crackers Cheese Sticks	Cheese It's Crackers Apple Slices	Chex Cereal Low-fat Yogurt	

Water will be given throughout the day, and as an additional component at snack.

Children up to age 4 may require texture modification or substitutions of some foods to avoid choking.

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